

Make 'n Take

Name of Make 'n Take: Creative Dance – Circle of Life

Theme & Topic: Since Time Immemorial – Traditional Teachings – Circle of Life

Names of Teachers: Marilyn Dyck

Name of School: Lakeview School, Regina Public School Division

Grades: Grade 7 and 8

Date: October 8, 2009

Materials:

Procedure:

1. Discuss the importance of the number 4 in First Nations' teachings. Information about the number 4 can be assessed in the OTC Kindergarten and Grade One treaty resource books and you can have the students listen to the Cree and Ojibwa sections at the Four Directions Teachings at this website
<http://www.fourdirectionsteachings.com/main.html> (Accessed on 15/04/10) which is a Canadian site.
2. Discuss the four areas of the Circle of Courage mastery, belonging, generosity, and independence. You can go to several websites that will assist you in your teaching. Such as:
 - The Circle of Courage philosophy - <http://www.reclaiming.com/content/about-circle-of-courage> (Accessed on 15/04/10)
 - The Courage to Learn - <http://educ.ubc.ca/westcast/proceedings/Courage%20to%20Learn.pdf> (Accessed on 15/04/10)
 - Circle of Courage - <http://www.metis.ca/index.php/metis-services/circle-of-courage> (Accessed on 15/04/10)
 - Circle of Courage - <http://www.wayne.k12.in.us/sae/Courage.htm> (Accessed on 15/04/10)
3. Create a list of words for each section of the circle that would depict that definition and its values. E.g. what does mastery look like – achievement, competency, strength, bravery, knowledge, etc...

4. Review Creative Dance techniques – space, movement, time and direction.
5. In small groups, have students use movement to illustrate words of one section of the circle. Select four (4) words for each section. Ideally, the groups will represent all four sections of the circle i.e. 4 groups or have each group depict all 4 sections of the Circle of Courage.
6. Movements for each word are connected to create a flow of dance. Use music with native flutes and steady beats.
7. If the class is divided into 4 groups, connect the sections with continuous movement in a clockwise direction.